



What is a Sinus Infection (Sinusitis)?

Sinusitis or a sinus infection is an inflammation, or swelling, of the tissue lining the sinuses. Normally, sinuses are filled with air, but when sinuses become blocked and filled with fluid, germs (bacteria, viruses, and fungi) can grow and cause an infection.

Are Sinus Infections Contagious?

Most people do not transmit sinus infections; most clinicians agree that except for rare instances, sinus infections are not contagious but arise from mainly viruses and bacteria that, by chance, contaminate a person whose sinuses support their proliferation because of minor, and rarely, major abnormalities in the person's sinus tissue (for example, swelling, inflammation, abnormal mucus production, facial or nasal trauma).

Symptoms of Sinusitis

- Facial pain/pressure
- Nasal stuffiness
- Nasal discharge
- Loss of smell
- Cough/congestion
- Fever
- Fatigue
- Dental pain

How Can MainStreet Family Urgent Care Help?

At MainStreet Family Urgent Care, we want to provide you with the most effective treatment without hurting your wallet. If you have a simple sinus infection, your health care provider may recommend treatment with decongestants like Sudafed and steam inhalations alone. Use of nonprescription decongestant nasal drops or sprays may also be effective in controlling symptoms. However, these medicines should not be used beyond their recommended use, usually four to five days, or they may actually increase congestion. We also carry antibiotics in-house at our Pre-Pak Pharmacy, which are usually prescribed for 10 to 14 days.

With treatment, the symptoms usually disappear and antibiotics are no longer required. Come see us so you can get the right treatment and start feeling better FAST! When you start feeling any of these nasty symptoms, come to MainStreet Family Urgent Care and Walk-In Clinic.

**If you think you are suffering from a Sinus Infection,
stop by MainStreet Family Urgent Care!**

Open 7 days a week and no appointment necessary!